

# Youth

A DOCTOR REPORTS ON TEEN-AGE SMOKING  
A CRITIC WRITES ABOUT MOVIE MORALITY  
A FINNISH EXCHANGE MEETS AMERICANS

Religious Education

EXHIBIT

Pacific School of Religion





When people find out that I'm an exchange student from Finland, the first question they ask me is, "How do you like it here?" or "Don't you just love this country?" From the Americans I had seen in your movies overseas, I thought I was coming to the land where "the filthy rich" live. It's not a good example of America, but it is what we based our ideas on.





# *I want to meet everyone!*

Each day in the school cafeteria, six girls gather at noon to eat and to chat about all things imaginable. "Peep—I mean, Pirkko—says she doesn't like the Beatles," reports one of the gals, nodding toward the only blond in the crowd. "But she's usually saying things like that just to get a good debate going." And they all laugh as girl friends do. Although at the beginning of the year some of the other girls thought an attractive Finnish student like Pirkko Palosuo might be competition for the boys, she soon proved to be a friend of all. She is the third foreign student to be co-sponsored by the student council at Owen J. Roberts High School near Pottstown, Pa. And her host family is Mr. and Mrs. Raymond Hohl and son, Kerry, 13, and daughter, Patricia, 17, who live a bus ride from the school. The Hohls are members of St. John's United Church of Christ in Pottstown, which is the other local co-sponsor in this exchange, administered nationally by the International Christian Youth Exchange Program. When "Peep" first arrived and Mr. Hohl asked if she wanted to meet a certain person, he replied, "I want to meet everybody!" This, says Mr. Hohl, is her way. Everyone who knows Pirkko thinks she is truly an ambassador of good will.



Mr. Lloyd very quickly took me under his wing. As faculty adviser for our exchange program, he helped me with many of my questions.

# Youth

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Before leaving her home, Pirkko learned much about the United States from her older sister Leena, 20, who was an ICYE exchange student two years ago in Stoneham, Mass. "But my two younger sisters, Hilikka, 16, and Inkari, 14, probably will not be coming to the U. S., since we have to take into consideration my mother and she says this is the end. I am hard on mother not to have a daughter around for a year." Their home is in Järvenpää, 20 miles north of the capital, Helsinki. Pirkko is asked many questions about her country. "I am impressed by how little people know about Finland," she observes. "Perhaps it is because we do not advertise. It's true that some know that Finland is the only nation to pay its war debt in full. And some remember that when Lyndon B. Johnson and his wife visited our country last September, they were welcomed as friends. Yet some people here misunderstand Finland's political position in its relationship with Russia. The Peace Treaty of 1947 between the two nations tries to protect each other from any hostile acts or alliances against the other. There are several political parties in Finland and they usually align so that they overwhelm the Communists. In the present coalition government, there are no Communists." Referring to the heroic and bitter fight against the Russians in 1939-40, Pirkko concludes, "There is among Finnish youth the hope to maintain their independence. They recall hearing of parents who lost their lives in the fight for freedom." Last fall Pirkko joined a study tour of the United Nations in Washington, D. C. While sitting in the Senate gallery for visitors, she was puzzled by the confusion on the Senate floor. "Is this the way that a great nation is governed?" she wondered. Suddenly, without explanation, visitors were asked to leave. Then she learned the President had just been shot. "It was a sad day for all people everywhere."



Teenagers are fundamentally the same everywhere. In every country, the girls talk about the boys. We do not date in Finland but there are some things to be admired about your system of dating.



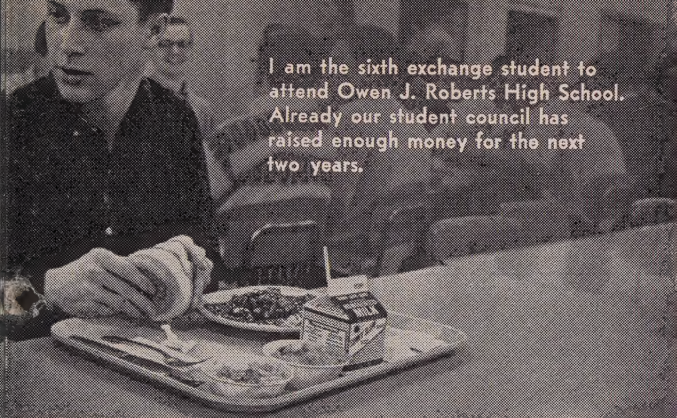
Some people misunderstand the political position of my country—they call it "Soviet Finland." But we are not a communist country. We try to be a friend to all peoples.



"I teased Peep when she first came," smiles "brother" Kerry Hohl. "She would pronounce a word like *can't* as *cawn't*." Although the hint of a British accent mixes with her slight Finnish accent, Pirkko speaks English fluently. In her school back home, she had studied English for six years and a ten-week summer vacation in England gave her the Oxford polish. "English is popular in our Finnish schools," she says, "because it is becoming more and more an international language. Swedish, German and English are the languages most frequently taught, plus Russian in the larger Finnish schools." Finnish itself is a peculiarly-sounding language, for it is not of the same Germanic root as the other Scandinavian languages, nor the Romanic root of the French, nor the Slavic of the Russian. At her American high school, Pirkko is studying Trigonometry, Problems of Democracy, U. S. History, Typing, English, Chorus, Gym, and she learned to drive "on the road" in the driver training course, but ICYE regulations do not permit her to drive a car regularly. She is active in the student council, which among other projects raises money for the exchange program by selling candy after school and sponsoring dances after games, movies and variety shows. Over the years, Owen J. Roberts High School has had more ICYE students from overseas attend its school than any other in the country. Pirkko does much speaking locally. She dates occasionally but not steadily. "Although dating is not done in Finland," she explains, "the girls do find ways of meeting the boys. In my town, my sisters meet the boys when they walk to the dairy to get the day's supply of milk." In the Hohl home, she and Pat share a room. And what's it like to have a brother after years with nothing but sisters? "I had always heard that kid brothers were a nuisance, but not Kerry. When he does tease me, I know there's no evil meaning."







I am the sixth exchange student to attend Owen J. Roberts High School. Already our student council has raised enough money for the next two years.



I feel very much at home with Kerry and Pat, my host brother and sister. And I was happy to report this to ICYE's Dr. Schlingman when he visited our Hohl family.



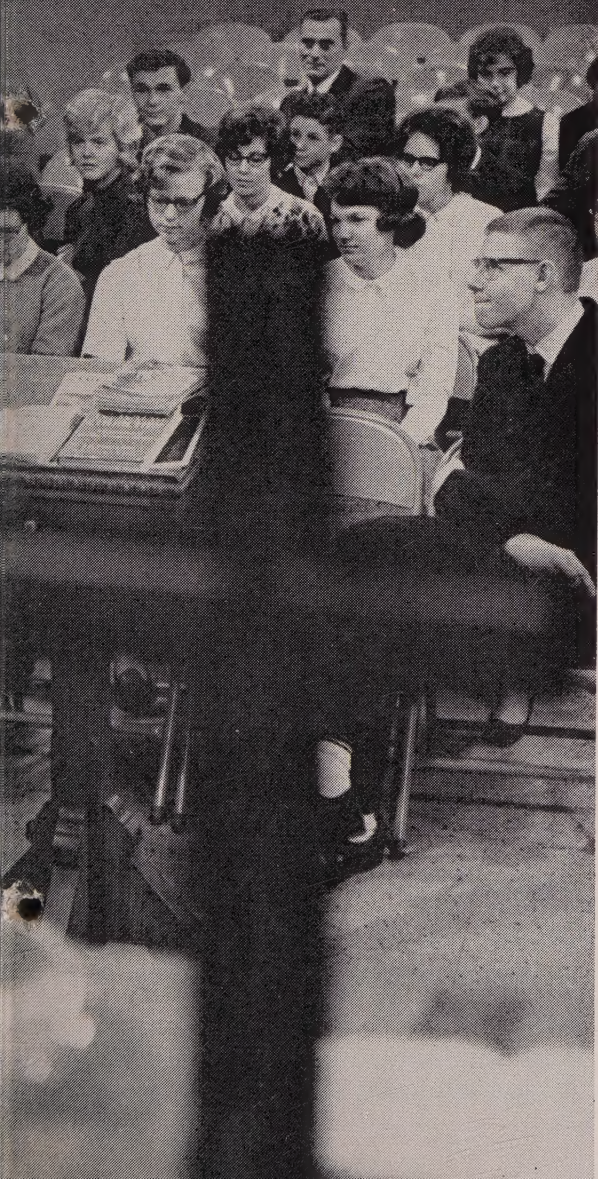
The church has always been important in the life of Pirkko Palosuo because her father is a Lutheran minister. He is presently principal of an institute for training lay workers in the church. In Finland the Lutheran church is the state church. But only about three per cent of the people attend church. "Since religion is a compulsory course in school," says Pirkko, "many young people ask why study it elsewhere? However, there is an extracurricular Bible study group which meets in the school." Finnish teens who profess Christianity are in a minority and their faith is continually being tested. "The churches in America are very busy," comments Pirkko, "but I wonder sometimes how deep is their faith and how they might stand the test of being in the minority." At St. John's Church in Pottstown, "Pirkko is an inspiration to our group because she speaks her mind," says her pastor, Rev. Paul C. Scheirer. Sunday is a family day for the Hohls. After church they gather with other nearby relatives for a large family meal. In such manner, Pirkko has come to know an American family at its best. And the Hohls have learned much about Finland. When the Hohls knew Pirkko was coming, they built extra closet space. And since arriving Pirkko has teased Mr. Hohl about installing a Finnish *sauna* bath, which she misses. Her eyes twinkle as she adds, "I haven't really felt quite clean since leaving Finland." Besides the sauna, she often misses the five months of ice skating and skiing she does each year at home. "As long as I can remember, I've skied. As soon as I walked." And in her reminiscing, she recalls as a child meeting the great Finnish composer, Jean Sibelius, who lived just 200 yards away. "I was 13 when he died." And as she holds up a simple but beautiful modern Finnish candle holder which she had given Mrs. Hohl as a gift, she notes that "the Finnish design follows the traditional Finnish attitude that 'plain things are most beautiful.'"

▼





Here in America everybody goes to church. It is an acceptable custom. Not so in Finland. If you go to church there, other youth call you "odd." It's harder to be a Christian in Finland.





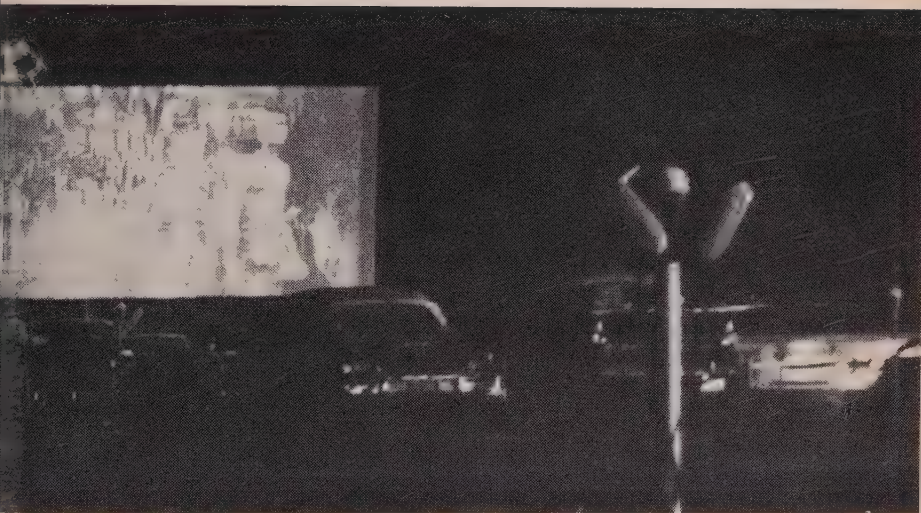


## WHICH MOVIES SHOULD YOU SEE DISCUSSES THE ANXIETY ABOUT BOL

When Mother and Dad were your age, at the stage of being ardent movie fans—perhaps even more ardent than you, because there was no television to vie for their interest and leisure time—movies were significantly different from what they are today. By and large, they were more romantic, more “escapist”—and much more restricted as to what they could show and say.

Such popular stars as Greta Garbo, Clark Gable, Jean Harlow and Tyrone Power embodied the kind of lustrous glamour that was the basic commodity of the screen. They and dozens of others represented the solid shape of make-believe. As harsh and suggestively wicked as were the adventures through which they were put, their behavior was carefully constrained and channeled to make moral points.





## . . A DISTINGUISHED MOVIE CRITIC THEMES AND CANDID TREATMENTS

Even the tough gangster pictures and the bitter social dramas that had a vogue in the post-depression nineteen thirties concluded on high moral notes. Wrong was invariably righted—somehow. Crime theoretically did not pay.

The movies were sternly regulated and designed to conform to a code, agreed to by the producers, which laid down specific rules as to what was proper for exhibition to the mass movie audience and what was not. Aspects of sex and violence were particularly categorized and controlled. These were the elements thought most likely to disturb and offend both young *and* old.

For instance, adultery was a subject that had to be treated with the greatest restraint. Divorce, too. The “guilty one” in either instance had



## Can the intelligence of most teens be trusted to m

to be punished severely and clearly in the end. Technical details of love-making were carefully circumscribed. A man and a woman could not be shown in one bed together—not even a husband and wife. Rape and such unspeakable transgressions could only be suggested in innuendo as having occurred—offscreen, of course. Sex deviation in any aspect was unmentionable. Unthinkable, indeed. Every sinful and criminal act had to be balanced by some assurance of righteousness prevailing at last. That was the way the movies were designed for the mass audience in those days, when your parents and some of your teachers, no doubt, were young.

Now, to be quite honest about it, it is largely because of those restraints—that climate of cautious chaperonage—imposed upon movies in the years before World War II that much of the anxiety and indignation about the present lack of restraint and moral tone in the over-all character of movies is being expressed by many parents, teachers, critics and clergymen.

These entirely well-meaning older people were conditioned to expect and accept a medium of entertainment that was rigidly controlled and generally designed to disguise or romanticize the meaner facts of life. They were thoroughly accustomed to being shielded from too harsh realities by the moral restraints and “compensations” imposed by the producers and by the then unquestioned devices of official censorship. Their generation was also brought up in a social and moral atmosphere that was generally more clouded by ignorance and innocent illusions than is the atmosphere today.

Thus, when these good, decent people look at some of the current films and see some of the things that are exhibited without hesitation or shame, they are naturally shocked and disgusted. They are greatly disturbed by the thought that these movies, exposing experience, are going to corrupt the young. And being determined people, they think something should be done.

What should be done, in my estimation, is that everybody should be more intelligent and realistic about movies—especially *you*. Everybody should realize that this medium, while a device for general entertainment, yes, is also one of the most important forms of expression and communication we have. It needs to be viewed and respected in this larger significance. And the capacities of people to absorb and subject its substance should be more sensibly estimated too.

Actually, as I see it, the movies are no more dangerous and deplor



## Future evaluation of the moral mood of our times?

able today than they have ever been, when they are taken in relation to the society and atmosphere in which they are shown. To be sure, we do have a lot of movies that are bold and quite explicit on matters of sex. We have movies about adulterous liaisons. We have movies about criminal degeneracy, and movies about teen-age sex frustration. We also have strong films from Europe which show some of the seamier aspects of weary and sick societies. But these are movies which, however distressing and disturbing they may be, come reasonably close to giving us candid pictures of certain phases of life and of the kind of world we live in. These are movies which reveal areas of human tensions, conflicts and weaknesses that need to be illuminated and understood. And this is a need that movies with their graphic form can most effectively serve.

Now, the cry of the fearful observers of the contemporary screen is that the content of these films and others like them is too bold and explicit for good taste and, particularly, for the general instruction and stimulation of teen-age youth. It is also objected that there are too many seamy and sensational films to give a fair and balanced picture of life as it is.

There is some justification for some of these complaints. The screen has been rather overburdened—or overbalanced—in recent years with various sexual and psychopathic problems that surpass the normal occurrence, we would say. And it is true that some of these pictures have been in highly questionable taste.

But in this connection, it must be realized that the movies are a fluid medium in which fashions change, much as they do in clothes or literature. Movies are generally fabricated to conform to what their creators feel are the temper and interests of the times, or to express the ideas and feelings their creators have evolved from the environments in which they live.

If there is a good bit of the sexual, the sordid and the sensational in some movies today, it is because the people who made them felt that is what the public wants. Whether that's so or not is open to question, but certainly people who go to movies nowadays are usually looking for something more exciting, shocking, realistic or just more intelligent and amusing than the stuff they get on TV.

As for the fear that the more sordid and shameful aspects of life shown in some movies—in just *some*, mind you—may corrupt or mislead the young, it is here, I think, that the keenest analysis and objectiv-



## Teens can demonstrate their maturity and so

ity must be exercised. For it is my considered conviction that the core of the controversy over the moral quality of films lies in a wide division of opinion about the trustworthiness of human intelligence.

Those who protest that some movies are too candid or misleading for the young, and therefore contend that such movies should be subject to censorship or restraint, do not, with all their good intentions, trust the intelligence of human beings. They do not trust the capacity of young people to partake of vicarious experience (which is what you have when you watch characters with whom you can identify going through their troubles on the screen) and then evaluate this experience in relation to their own experience of life.

Furthermore, many well-intending people, accustomed from youth to letting the screen and their own well-bred self-delusions provide an "escape" from realities, would rather block out the unpleasant. There are things about life, they'd rather not see or have others see—or, for that matter, even acknowledge the existence of.

A lot of the resentment and criticism of *La Dolce Vita* was, indeed, I feel, aroused by subconscious umbrage and vexation at the sordidness and hopelessness it showed. And I think one reason some people were so repelled by *Psycho* was that they saw (without realizing it, perhaps) for the first time on the screen a bathroom toilet-bowl.

I, for one, believe that young people can partake of vicarious experience without its damaging their psyches or tempting them to try some of the same, so long as they are normal young people, which fortunately, most of them are. And I cannot believe the moral fabric of our society or the moral fiber of our young people is determined simply by what is shown on the screen.

True, there are certain pictures that some young people might not want to see—or that their parents might consider too extreme for their emotional or esthetic capacities. There are also some pictures a young lady might not want to see with a young man with whom she's not too well acquainted, out of a wish to avoid embarrassment.

To avoid such situations, it is well to be informed about the general nature of a picture before exposing oneself to it.

As a matter of fact, it is advisable for everyone to know something about the movies on which he chooses to spend his money and time. One should read the reviews in newspapers, the recommendations in magazines and give consideration to the advice of parents and friends. Recommended films for young children—and for the older teenagers, too



## responsibility by staying away from cheap films

—are also listed in an excellent publication, *The Green Sheet*, which is circulated as a service of the Motion Picture Association of America to schools and parent groups throughout the nation. Intelligence and thoughtfulness about the movies are almost as necessary as intelligence and thoughtfulness about the food one eats.

For the point is that movies can no longer be regarded merely as a form of romantic illusion and “escape,” now that they have been forced to grow up, as it were, by the competition of TV. They are a mature art form, to be patronized and appreciated by young people as well as by older ones. And to try to place restrictions on movies that are candid about life (without being grossly pornographic, which, of course, the criminal laws can always stop) is to be inconsistent with the age-old respect for the freedom of art and unintelligent about the advantages of all art forms for helping young people to mature.

Nor is it realistic to hold, as some legislators are now proposing, that films should be classified as suitable or unsuitable for young people. In the first place, to rule that young people under eighteen, say, could not or should not see films in which details such as seduction or rape were shown would reveal an absurd misconception of the awareness of modern youth. Young people are much more knowing than many adults realize. And in the second place, the reasoning would be fallacious. How can immature people become mature except by being allowed to partake of maturing entertainment and literature?

At the same time, we must require that our movie-makers have and exercise a sense of responsibility in providing us with mature, intelligent films. The public's wish for a free screen, and the readiness of many people to battle for it should not be considered an encouragement to greedy producers to make cheap and sensational pictures for the limited market there may be for them. No one wants to be in the position of defending a producer's right to make trashy films.

And so it is up to the public—which means it is up to you—as to what the quality level of our screen entertainment will be. You as one consumer have the power to help determine it. Stay away from the cheap films and encourage your friends to stay away. Be considerate of your parents' opinion. Demonstrate your maturity. Think of the money you spend on movies as a wand in your hand to conjure up ever better movies, and use it intelligently.

—BOSLEY CROWTHER





## TEENS QUESTION THE DOCTOR A

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WHY DO TEENS SMOKE? / IS IT POSSIBLE TO MAKE C  
SMOKING RUIN YOUR SENSE OF TASTE? / IS IT RIGHT  
TO CONTROL CIGARETTE ADS? / IS NICOTINE POISON





## SMOKING

ES SAFE? / DOES  
THE GOVERNMENT

Ever since the Surgeon General's report was issued in January, smoking and its relationship to health has been a point of public discussion. While many smokers seem to have given up the habit entirely, others have switched to pipes or cigars, including the women. Consumption of cigarettes has dropped sharply, although no one knows how long this will last.

To talk over these concerns about smoking and health hazards, five young people from the Washington area interviewed **Dr. Daniel Horn**, a nationally-known psychologist who has made a particular study of teenagers and why they smoke. For 15 years he served on the staff of the American Cancer Society, and in 1958-59 Dr. Horn conducted the first serious study of teen-age smoking habits and attitudes among 22,000 high school students in the Portland, Ore., area. Since 1962 he has been assistant director in charge of research of the cancer control program of the U. S. Public Health Service and in this capacity he assisted in writing the Surgeon General's report on "Smoking and Health." Dr. Horn estimates that he has spoken to over 100,000 teenagers about smoking in the last five years.

On hand in Washington, D. C., to interview Dr. Horn for YOUTH magazine were: **Sharon Lutz**, of Falls Church, Va., a senior at W. T. Woodson High School, Fairfax, Va., and president of the Washington area cabinet of the United Church youth; **Pat Cady**, of Washington, D. C., a senior at Anacostia High School, and treasurer of the youth fellowship of Grace / Concordia Churches; **Margie Blumenauer**, of Chevy Chase, Md., a senior at Bethesda-Chevy Chase High School, and vice president of Grace/Concordia youth fellowship; **Michele Adams**, of Washington, a junior at Roosevelt High School, and president of the youth fellowship of Lincoln Temple Church; and **Joe Garner**, of Greenbelt, Md., a senior at High Point High School, Beltsville, Md., and chairman of the youth commission at the Greenbelt Community Church. ▶





Margie Blumenauer

Joe Garner



**SHARON LUTZ:** All reports I have read give the facts about men, but never about women. Do the same principles that apply to men in their smoking apply also to women?

**DR. HORN:** The reason that research is largely restricted to men is that there are many more men who smoke than women in the ages in which lung cancer begins to appear—that is, around the age of 50. However, the few studies that have been done on women indicate that the same kind of relation exists between smoking and health hazards for women as exist for men. There seems to be no difference except that fewer women smoke.

**JOE GARNER:** Does the age at which you start to smoke make any difference?

**DR. HORN:** Yes, there is some evidence that the earlier you begin to smoke, the heavier a smoker you become, the harder you find it to give up smoking and the more likely you are to develop the harmful effects of smoking. Nobody's been able to sort out all the different factors involved here. It may be just that the earlier you begin to smoke, the more habituated you become to it. Or it may be that the more years you expose yourself to cigarette smoke, the greater the effect.

**MICHELE ADAMS:** Is it true that if you stop smoking, your sense of smell and taste becomes more acute? Both of my parents have stopped smoking and my father says he can now taste my mother's cooking!

**DR. HORN:** This is a very common experience. We don't have any systematic data on it, but a great many of the people who give up smoking report that food tastes better, fresh air smells sweeter, and that sort of thing. And actually this creates one of the problems, because there is a tendency to eat more food when the food tastes better. Whether or not you're going to start putting on weight can become an additional problem for some people.

**"Kids who have emotional or behavior problems tend to start smoking at an earlier age than anyone else."**



**MARGIE BLUMENAUER: What are the main reasons teenagers start smoking?**

**DR. HORN:** There are several reasons for teenagers beginning to smoke. In the first place, we find that teenagers are about twice as likely to take up smoking while they're in high school if their parents smoke than if their parents don't smoke. They're also more likely to take up smoking if their older brothers and sisters smoke, particularly a girl if an older sister smokes or a boy if an older brother smokes. So, one of the reasons for taking up smoking is that smoking is more or less accepted as the kind of thing that people do when they are grown up.

Another reason we find is that there is quite a lot of smoking among those teenagers who are in that group which is a little bit outside the central group in a youth community. I'm talking about those youngsters who are falling behind in their school work and who don't participate in school activities—the ones with lower I.Q.'s, the ones who get into behavior and disciplinary problems. This seems to be a group that doesn't get much satisfaction out of belonging to the whole school group and they're the ones who tend to start smoking a little earlier than anyone else. When you start finding your sixth and seventh grade youngsters smoking, this is a real danger signal. These kids are in trouble; they are having emotional problems, but they're the first ones to smoke in the class when only one or two out of a class of 30 or 35 smoke.

Then you find that there are some individuals who smoke for very personal reasons. Maybe they do it out of a sense of rebellion because there has been a very dogmatic prohibition against smoking in their family and this is their way of expressing their individuality. Their family says that they will disown them if they smoke. You know—"I'll show them" sort of thing.

Then combined with all this is the general acceptance of smoking among our friends. Usually in a group of people, smokers tend to hang together and non-smokers tend to be friends with one another. If you ask ten non-smokers in a senior class in high school who their best friends are, you'll





Michele Adams



Sharon Lutz



Pat Cady

**"Evidence shows that the earlier you begin to smoke the heavier a smoker you become, the harder it is to give it up, and the greater the chances of harmful effects."**

find a preponderance of non-smokers among their friends. To smoke or not to smoke is part of the group behavior.

**PAT CADY:** You say that teenagers are more or less trying to rebel in a society that more or less condones smoking. Since every place you look smoking is advertised, why don't teens try to rebel against smoking?

**DR. HORN:** Some of them do and one of the reasons for not smoking is that some youngsters feel as though they're giving in to the blandishments of Madison Avenue by smoking. One of their favorite magazines is *Mad Magazine*, where they read the spoofs on various kinds of cigarettes and cigarette advertising, and then they say, "Well, I'm no sucker. I'm not going to be trapped by that." And they don't smoke as a kind of rebellion against what they feel is all this pressure to smoke. Actually there is some evidence that in 1963, for the first time, the amount of smoking among teenagers began to take a turn down from what it was prior to that.

**JOE:** Have teenagers always had these problems with smoking?

**DR. HORN:** No. There's much more smoking among teenagers now than there was 25 or 30 years ago. There is no question about that. We don't have any precise measurements of it, but it is 30 years since I got out of high school and at that time there were fewer teenagers smoking. All the evidence suggests that there has been a systematic increase in the proportion of smokers in the schools since the end of World War II.

**MICHELE:** Have you ever talked with a group of teen-age smokers and tried to encourage them not to smoke? And if so, what was their attitude?

**DR. HORN:** Well, what we were trying to do in our experiments was not so much to try to get teenagers to give up smoking as to try to keep them from taking up smoking. We started out conducting a lot of fairly deep interviews going into what smoking meant to the teenagers or what it meant to them if they didn't smoke. One of the rather common things we found teenagers saying was "Why should I worry what smoking is going to do to my health in 30, 40 or 50 years from now? By then they'll drop an H-Bomb on us and wipe us all out or else by then they'll find a cure for cancer and I'll be safe. And so, I don't have to worry about the future. I enjoy smoking now, I'm going to smoke." This is what they say to you.

But then when you dig down below the surface, you find that they are spending a lot of their time worrying about what college they're going to attend and what kind of courses they're going to take. They're thinking about saving money to help pay their expenses in the future and about what kind of company they're going to work for and what sort of pension plan that company has. Then you begin to realize that maybe these youngsters aren't so bound to the present-day moment. They are future-oriented. And one of the things you find in high school students is that they have the tendency to govern a great deal of their behavior by what's going to happen in the future.

In our experiment in Portland, Ore., we separated the 22 high schools into six groups of schools with about four or five thousand youngsters in each school. In one group of schools we had no program at all on smoking. In another school we gave them educational material which emphasized the relationship between smoking and lung cancer, the *long-term* effects of smoking. In another school we gave them only information on the *immediate* effects of smoking, the fact that it costs a lot of money, it stains your fingers, and it makes the girls less kissable to the boys—that seemed to be pretty effective with the girls! And it cuts down on your wind if you engage in sports. In other words, we tried to tie it in to things that were made of immediate concern rather than sometime in the future.

And we had another procedure that was very authoritative—doctors and teachers and coaches and parents and the Surgeon General all tell you not to smoke—to test the effect of appealing to authority. Anyhow we tried all these different approaches and found that the most effective approach is when we emphasized the *long-term* hazards of smoking.

**HARON:** Could you tell me about how much higher the percentage of getting cancer is if you only smoke four cigarettes a day, rather than smoking a half a pack or more?

**DR. HORN:** Well, I can't tell you what the effect is of smoking exactly four cigarettes a day. In doing studies like this, you meet a tremendous number



of cases. For instance, when we started our studies in 1951, we followed nearly 200,000 men for four years. We got their smoking habits and then followed the men for four years to see what happened to them. We had to classify them into those who smoked over two packs a day, those who smoked one or two packs a day, those who smoked half a pack to one pack, those who smoked under half a pack, and those who did not smoke at all. There just wouldn't have been enough cases even with 200,000 people to come up with results unless you grouped them that way. Now what you find is that even at this level of under-half-a-pack-a-day, the lung cancer was appreciably higher than it was for people who had never smoked or for people who had smoked at that level previously but had given it up at least a year previously. So that, as far as lung cancer is concerned, some of the people who smoke even at a fairly low level apparently are subject to a risk.

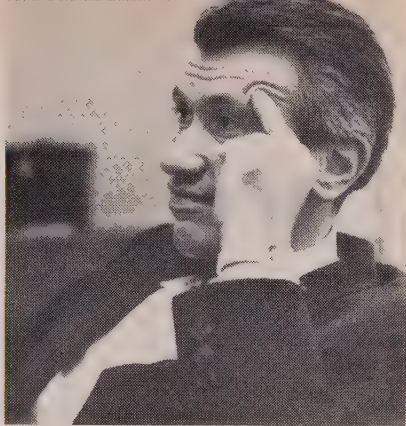
**PAT:** They say that some people could give up smoking right away but they feel the damage is already done. Since the human body has a power to heal itself, what are the chances of curing yourself if you were to give it up?

**DR. HORN:** One of the most encouraging things about all the research that's been done over the last 15 years is that the benefits of giving up smoking are much greater than any of us believed that they were before we got the evidence on it. We find that there is a measurable reduction in lung cancer rates in the people who have given up smoking at least one year prior to the time the study began. Furthermore, there have been more recent studies showing that, if anything, we've been underestimating the benefits of giving up smoking, because many of the people who give up smoking do so because they are very ill at the time, so that giving up smoking for them may very well be too late. But if you take people who give it up without being seriously ill, the benefits are tremendous. This is one of the most encouraging things about giving up smoking. If this weren't so, we'd be saying, in effect, that anyone who has smoked for five, ten, 15 or 20 years has had it and if that's the case you might as well keep on smoking. But this is not so. The benefits of giving up smoking are real and immediate and very substantial.

**MARGIE:** How can teens help their fellow teens to quit smoking and encourage other teens not to smoke?

**DR. HORN:** I wish you'd tell me that. Does one teenager influence another? . . . I have been running a course here for people who want to change their smoking habits. We have had two 19-year-old girls in the group who joined the course because their boy friends wanted them to give it up. So this can be a powerful motivation. And it works both ways. I know that there are many girls who say that they stopped smoking because they are going out with a boy who doesn't smoke and he just doesn't like the smell of tobacco on them. And then there are boys who have given it up at least as long as they are going with a certain girl—of course, sometimes they'd rather give up the girl!

**One of the facts we have underestimated in the past is that the benefits of giving up smoking are real, immediate, and very substantial."**



**NICHELE:** We had a survey in school recently about smoking and one of the questions was, "Have the reports on smoking influenced you not to smoke?" And one boy wrote that they had influenced him to smoke more and I didn't quite understand that.

**FR. HORN:** Well, I think he was just being a little smart. You know there was a joke going around in 1954 when we gave our first report which got a lot of publicity at that time. The standard joke was: "Have you read these reports on smoking?" "Yes, they worry me so much that I have given up reading!"

One of the things you find in teen-age smoking is that teenagers move from one type of smoking to another about every six months or so. In other words, if you take a cross-section of teenagers who just begin to smoke, let's say they smoke once or twice a week toward the end of their freshman year, about six months later they are up to where they are smoking two or three cigarettes a day for just about every day. Six months later they are up to where they are smoking about ten cigarettes a day. Six months after that they are up to smoking a pack a day, just about every day. In other words, they move up rather rapidly and consistently into these higher categories so that the teenager is on a climb. When you get somebody who is on the upgrade in his habits, he is apt to be moving into a higher category. So he is increasing anyhow. If he wants to say it is because of the reports, why that's all right.

**Do you see any relief through proposed government control or through the required publishing of the tar and nicotine rate on the package?**

**FR. HORN:** The Federal Trade Commission has recently proposed some new regulations which would regulate advertising of some products. These proposals would require, first of all, that there be a warning label on each package of cigarettes. A label would say something to the effect that cigarettes had been declared dangerous to health and that their continuous use could be harmful. Secondly, it would require that this warning also be





a part of any advertisement, including a radio commercial or television commercial and so on. Of course, on radio it would mean that it would have to be spoken. On television any time you saw the boy and girl romping in the waterfall with a package of cigarettes floating in the background there would have to be on the screen a little box that told you that the Advisory Committee to the Surgeon General had reported that cigarettes are harmful and their continued use may lead to serious disease and death. That would destroy the image wouldn't it? Representatives from the tobacco industry have objected to these proposals very vigorously at the recent FTC hearings, and there is some indication that court action may be sought.

**JOE:** If the tobacco industry goes to the courts against the government, on what grounds can the government say it has the right to regulate this advertising and all?

**DR. HORN:** There are laws which govern the Federal Trade Commission giving them a right to protect the public against fraudulent claims, against hazardous substances, and so on. The FTC is operating within the framework of those laws. But it is always a matter of how laws are interpreted. If there is a question as to the interpretation of the law, then it is up to the courts to decide.

**MARGIE:** Is there any truth in the belief that smoking stunts your growth?

**DR. HORN:** I don't know. I just don't know.

**PAT:** They say that some scientists up at Harvard attribute the cause of cancer in cigarettes to a minute radioactive element that was in the tobacco. And so far as tar and nicotine are concerned, isn't nicotine poisonous when taken internally?

**DR. HORN:** The effect of nicotine depends on the amount. The Russians have a poster in which they show a dead rabbit and *one* cigarette and a dead horse and a *package* of cigarettes. The legend says that the nicotine in one cigarette will kill a rabbit, and the nicotine in a pack of cigarettes will kill a horse. Nicotine is poisonous but it simply is not taken in i

**You cannot make a cigarette safe without removing the personal satisfaction to those who smoke."**



ough quantity for people to drop dead. It would be a lot easier to do something about smoking if it did.

On this radioactive material, this is a very tentative report. In the past report was made on a different radioactive material, and this was never verified or substantiated.

**HORN:** Do you know of any possible way to make cigarette smoking safe or safer than it is now?

**HORN:** I would rather have you say make it less hazardous, rather than safer, because I don't think there is such a thing as a safe cigarette, which, at the same time, provides any satisfaction to the people who smoke. My own belief is there are probably ways of smoking that are less hazardous than other ways. Certainly I am sure that a person who smokes two or three cigarettes a day is better off than somebody who smokes 15 or 20 cigarettes a day. I'm sure that a person who takes only two or three puffs on a cigarette is better off than somebody who smokes it down until it begins to burn his fingers. I am sure that somebody who takes deep inhaling drags, you know way down until it practically comes out of his shoes, is worse off than somebody who just sort of puffs on the cigarette and blows it right out again.

**RICHELE:** If someone is willing to drop the habit, what is your method in helping them to do so? Do you tell them to smoke one cigarette less a day or what?

**HORN:** There are some people who feel very strongly that the only way to quit smoking is to throw your cigarettes away and then grin and bear it through a period of a week or more or whatever it takes to get over it. If this works for you, fine. But if it doesn't, what I have been doing is trying to get people to stay on cigarettes and to taper off very gradually by cutting down the total dosage that they get—smoking fewer cigarettes and taking low nicotine, low tar cigarettes, not burning the cigarette so far down, and not inhaling so much. After several weeks of doing this they should find it easier to quit.



## HOOTS ARE "IN"

Your March 1 YOUTH came to my desk today. As for your article "We Held Our Own Hootenanny," so did we! The young and old of our congregation turned out for a dinner, put on by the youth, and the "Hoot." I think it is one of the best things the youth can do. The church must be "with it."

—D.H., Long Beach, Cal.

## DIAGNOSIS

I notice in the letters to the editor section of the March 15 YOUTH that "a Massachusetts minister" is returning unread copies of the "Racial Justice Now" issue of October 27, 1963. If opening this issue and our eyes creates a problem for us, perhaps the problem has been before us all the time. I agree with the Bay State pastor that "we are sick" because of seeing and being prejudiced, but does ignoring an issue make us well?

—D. A., Durham, N. C.

## WRONG NUMBER?

We are very fond of YOUTH and have used it with our young people on a number of Air Force bases over the years. Because we are proud of it, and find the magazine so useful, we were disappointed by the cover on the March 15 issue. Each issue of YOUTH is eagerly awaited; it would be snapped up

if the cover were black, white, red or plain! The telephone booth scene reminds us of a slick, newsstand come-on; it appears only remotely related to the articles inside; it smacks of sophomoric sensationalism, leading us to wonder "what's the point?" Whatever the art editors were trying to prove, the telephone booth cover missed the boat with us, and we are both sorry and sad as a result.

—Base Chaplain, McConnell  
Air Force Base, Kans.

## WHAT'S "CHRISTIAN"?

I would like more articles like "Is God Alive?" and "The Cost of Discipleship" and fewer articles like "We Held Our Own Hootenanny." After all, this is a Christian magazine for Christian young people living in a "Christian" society. Why leave Christ out of it? It is your duty to point your readers toward Christ and not keep them satisfied with milling around in the same little circle.

—E. G., Tillamook, Ore.

## CONCERN FOR TODAY

The ability of YOUTH to create and convey concern for the major issues of contemporary life continues to amaze us here at the United Church Campus Center (Iowa State University). Would that all of us in the University could have come here with four years of YOUTH exposure behind us.

—J. C., Ames, Ia.

# may we quote you?

The only limit to our realization of tomorrow will be our doubts of today.  
—Franklin D. Roosevelt

Let us move out into the new world that is there. Let the young men tell the story and not the old men preach it.  
—Harold Macmillan

If you have ten thousand regulations you destroy all respect for the law.  
—Sir Winston Churchill

We will bury capitalism, but the burial will be achieved by the workers of each country; they will bury their own capitalists. —Nikita Khrushchev

Since the earliest days of our frontier, irreverence has been one of the signs of our affection.  
—Dean Rusk

Christ in this country would quite likely have been arrested under the Suppression of Communism Act. —Archbishop of Cape Town, So. Africa

Democracy qualified by color will win no hearts in Africa or Asia.  
—Adlai Stevenson

It is not the eloquence of our slogans but the quality of our endurance which will determine whether this generation of Americans deserves the leadership which history has thrust upon us.  
—John F. Kennedy

It is hard for us not to think of Christ as an English Christ.  
—Archbishop of Canterbury

We will learn to live together like brothers or we will perish together like fools.  
—Martin Luther King

I'd rather give my life than be afraid to give it. —Lyndon B. Johnson

Nothing more enhances authority than silence. It is the crowning virtue of the strong, the refuge of the weak, the modesty of the proud, the pride of the humble, the prudence of the wise, and the sense of fools.  
—Charles de Gaulle

I am about half-way between a Beatle and an old buffer.  
—Sir Alec Douglas-Home



## JEWISH AND NEGRO YOUTH BEGIN STUDY ON PREJUDICE

At a recent conference in Atlantic City, N. J., Jewish and Negro young people decided to launch a series of meetings across the country to discuss methods of ending religious and racial prejudice. Fifty Negro young people were guests at the annual convention of Atid, the college-age organization of the United Synagogue of America which represents Conservative Jewish congregations. The convention also passed a resolution calling for a boycott of segregated public establishments and urging support of organizations engaged in the civil rights struggle.

## UNITED CHURCH YOUTH PLAN ECUMENICAL "SIT-IN"

Fifty young people at the United Church of Christ, Colonial Park, Pa., are engaged in a "sit-in" project involving visits to churches of other denominations and religious faiths. Rev. Ernest Miko, pastor, said, "We hope the occasional visits by our fellowship groups to the churches, synagogues and temples of the other faiths will give both sides a chance to learn about each other." Visits are made only after a study of the history of the denomination or religion involved. In addition to attending services, members of the group meet with the pastor or rabbi for a discussion session as a part of the visit.



## STUDENT NEWSPAPER RAPS COMPULSORY CHAPEL

The student newspaper at Wake Forest College, Winston-Salem, N. C., has criticized the action of the dean's office in assigning seats in the front row to students noted reading newspapers during chapel services. *Old Black and Gold*, the student publication, said the administration has "placed itself in the position of the incompetent doctor who was unable to diagnose tuberculosis and gave his patient cough medicine . . . the college is treating a symptom and ignoring the disease." It said that reading newspapers during chapel has become a tradition—"a rude and discourteous one, but one which has become a habit with many students." It added that when "deficient" chapel programs cannot be scheduled, chapel should be cancelled for that day.



Dressed in their native attire, three young ladies from Greenland attract the attention of pedestrians in Stockholm. The girls are part of a group of folk dancers visiting the Swedish capital as participants in a Danish celebration. Greenland is a possession of Denmark.

## YOUTH URGE CHURCHES TO DO SOMETHING

Fifteen youth delegates at the World Council of Churches meeting in Mexico City urged a greater participation by youth in future Christian conferences. The young people expressed the opinion that the W.C.C. meeting should have given more attention to communication of the Christian faith to the "large number of people, especially youth, who believe in secular ideologies or live in practical atheism." Their statement commended the call for an ecumenical approach to mission enterprises, but added: "We have heard many church conferences making statements and expounding pious attitudes, but little real change has resulted. We urge the churches to provide us with new forms of worship and fellowship, which will give us the nurture to fulfill these aspira-

tions and new tasks." Finally they said, "We feel that the great world to be won today is the world of youth. Youth form the majority of the world's population. We feel that the churches must take seriously their mission to youth, and remind the youth of the church that they must carry the brunt of this task, as Christian youth are the best evangelists among youth. We urge youth to give themselves wholly where God is working to heal lives, and to realize both the witnessing dimension of service as well as our Christian calling to express in words the reason for our servanthood."

## PRIEST SAYS ADULT EXAMPLE SPURS DELINQUENCY

Where one finds a juvenile delinquent, he will also find an adult delinquent in the family, says the dean of Providence College in Rhode Island. "Parents tell him not to drink, but he sees that the only time they are carefree is when they're drinking. Then he thinks it's the mature thing to do," the priest commented.

Teen-age smoking and drinking, he said, come not from rebellion but from "the need to conform." He held that society puts "too much emphasis on social approval as being a normal morality, when it is not. We need people to stand, as it were, against the stream of things.





*a call to creativity*

"THE TRUMPETER"  
by Clark B. Fitz-Gerald

*Where are you hiding?  
Are you afraid?  
Or are you modest?  
Let us do the judging!*



Frankly we're disappointed in your response to our invitation to share in our 1964 Creative Arts Award Competition. Although entries have been coming in, we wonder if most of you are waiting for the pressure of the deadline. If you're uncertain about the quality of your work, send it anyway. Let us judge. Your best may be our best.

To enter **Youth** magazine's 1964 Creative Arts Award competition, you must be younger than 20 years of age. You need not be a member of the United Church of Christ. If you entered the competition last year, you are also eligible to enter again this year. The piece of creative art which you submit must be your own original work. To each contribution (you may submit more than one entry), you must attach the title of the work, your name, your age, your home street address, city and state. All contributions must be in the mails *by no later than May 15, 1964*. Twenty-five dollars will be sent to each young person whose piece of creative art is reproduced in **YOUTH** magazine.

**CREATIVE WRITING** / We welcome any type of creative writing you wish to submit—fiction, essay, editorial, poetry, humor, satire, true-to-life story, or whatever *you* feel like writing.

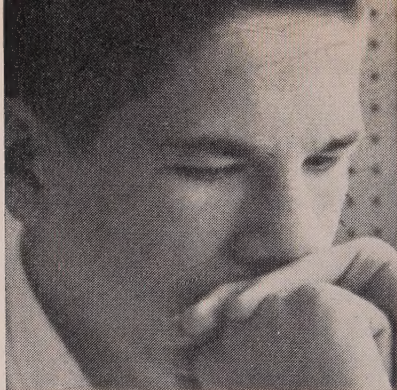
**ART WORK** / You may submit any type of art work that can be reproduced in **YOUTH** magazine. This includes gag or editorial cartoons, story illustrations, graphic designs, abstract art, fancy doodling—any art expression of your own ideas or feelings. Due to mailing limitations, the size of the art work should not be larger than 12" x 15".

**PHOTOS** / Send us a black and white print of the photo you wish to submit. There are no limitations on subject matter. The print should not be larger than 12" x 15" nor smaller than 4" x 5" in size. Each person may submit one or more photos, but no more than five photos. Attach your name and address to the back of each photo.

**SCULPTURE** / If you've done a sculpture, mobile, paper folding or carving which you'd like to submit, send us one snapshot, or a group of snapshots, which best present all the dimensions of your work.

Send your original piece of creative expression to **CREATIVE ARTS AWARD**, **YOUTH** magazine, Room 800, 1505 Race Street, Philadelphia, Pa. 19102. After the judging is completed, all entries will be returned.





O God, our Father, Lord of our lives, we give thee thanks for

muddy shoes  
which walk through your  
creation and rejoice,  
renewed bodies  
which breathe fresh air  
and become whole,  
wandering minds  
which are readied for the  
mysterious deeps of faith,  
anxious hearts  
which are opened to ourselves  
and to others and to you,  
churning souls  
which are calmed and cleansed  
and set on fire,  
lonely moments  
which hollow us out  
to be filled again,  
reconciled friendships  
which sustain us and  
restore us and heal,  
special times  
which we share in and together  
risk your love

Amen.